



Tri-Squad

MONDAY, WEDNESDAY and FRIDAY

- Morning session: 5:45am – 7:00am & 7:00am – 8:15am
- Afternoon session: 6:30pm – 7:45pm (Mon & Wed Only)

SATURDAY AM: 7:30am – 9:00am

Approximate distance per session:

Tri-Squad: 3.0km – 4.8km, Junior Tri-Squad: 2.0km - 3.0km

Fitness Squad

Monday & Wednesday PM: 6:30pm – 7:30pm

FRIDAY AM: 9:00am – 10:00am

Approximate distance per session:

Fitness: 2.0km – 3.4km

<u>Price Options</u>			
	Casual	10x Concession card	EasyPay Direct Debit
Tri and Fitness Squads	\$14.00 1 x session	\$135.00 \$95.00 for under 17	\$19.00/Week + \$29 One-Off Admin Fee <i>Unlimited Sessions + Unlimited entries to the pool. Note: 10 days' notice for cancellation or suspension by email. See T's&C's:</i> https://www.ymcauckland.org.nz/terms/#swim-school

Contact:

YMCA Swim School, Glen Innes Pool

122 Elstree Avenue, Glen Innes

(09)5273260 - Ext. 3 0800 336886

Swim.GlenInnes@ymcauckland.org.nz

www.ymcauckland.org.nz/gleninnespool

Adult – Learn to Swim

EFFECTIVE 30/03/2021

(Please note: classes below run during school term only)

<u>Adult – Learn To Swim</u>	
Adult Beginners/ LTS	Monday & Wednesday PM - 5:50pm - 6:20pm Saturday PM - 12:00pm - 12:30pm
Adult Squad - Technique/Stamina	Monday & Wednesday PM - 6:30pm - 7:30pm Friday AM: 9:00am – 10:00am Saturday AM: 7.30am – 8.30am (min. 2.0km)

Beginners, LTS Learn to Swim

This class is especially for those who have some or no swimming experience and have always wanted to learn. Can you swim and find taking a breath difficult? Do you wish to learn Freestyle, Backstroke, Breaststroke and Butterfly?

Leisure pool length: 20m

Adult Squad - Technique/Stamina

This class requires you to swim 33 meters and swim for at least two laps nonstop or more. We work on techniques to improve freestyle arm pulls. As well as improving other strokes such as Backstroke, Breaststroke and even Butterfly. If you are looking to build endurance, muscle strength and cardiovascular fitness this is the right class for you.

Main pool length: 33m

Approximate distance per session:

Squad: 1.6km – 3.0km

<u>Price Options</u>		
	Casual	EasyPay Direct Debit
Adult LTS/Squads	\$22.00 <i>1 x Lesson per day, must be booked in a day before.</i>	\$21.00/Week + \$29 One-Off Admin Fee <i>Unlimited Sessions + Unlimited entries to the pool</i> <u>EasyPay T&C's apply</u> – 13 weeks minimum contract. 10 days' notice for cancellation or suspension by email. See https://www.ymcauckland.org.nz/terms/#swim-school